

# Kelly's Butterscotch Pudding

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



497 kcal

DESSERT

## Ingredients

- 1 cup brown sugar packed
- 0.3 cup butter
- 0.3 cup cornstarch
- 3 egg yolk beaten
- 3 cups milk
- 0.5 teaspoon salt
- 1 teaspoon vanilla extract

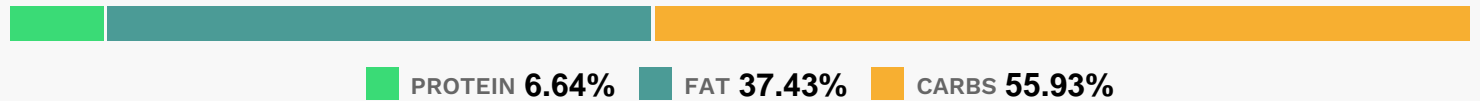
## Equipment

- bowl
- sauce pan

## Directions

- In a small bowl, mix together brown sugar, cornstarch and salt.
- Add enough milk to make thick paste. In a saucepan over medium heat, bring milk to a boil. Stir in brown sugar mixture, return to a boil, and cook for 1 minute.
- Place egg yolks in small bowl. Temper the yolks by quickly stirring in about 1/4 of hot milk mixture.
- Pour yolk mixture back into hot milk mixture, and return to heat. Cook, stirring constantly, for 1 minute; remove from heat. Stir in butter and vanilla until butter is melted.
- Pour into bowls, and let cool slightly.

## Nutrition Facts



## Properties

Glycemic Index:22, Glycemic Load:3.25, Inflammation Score:-4, Nutrition Score:9.7321739365225%

## Nutrients (% of daily need)

Calories: 497.35kcal (24.87%), Fat: 20.94g (32.22%), Saturated Fat: 11.99g (74.91%), Carbohydrates: 70.42g (23.47%), Net Carbohydrates: 70.35g (25.58%), Sugar: 62.36g (69.29%), Cholesterol: 198.26mg (66.09%), Sodium: 474.14mg (20.61%), Alcohol: 0.34g (100%), Alcohol %: 0.16% (100%), Protein: 8.36g (16.71%), Calcium: 292.01mg (29.2%), Phosphorus: 244.18mg (24.42%), Vitamin B12: 1.28µg (21.26%), Vitamin B2: 0.33mg (19.39%), Vitamin D: 2.74µg (18.28%), Selenium: 12.06µg (17.23%), Vitamin A: 845.68IU (16.91%), Vitamin B5: 1.17mg (11.75%), Potassium: 367.55mg (10.5%), Vitamin B6: 0.18mg (9.11%), Vitamin B1: 0.13mg (8.47%), Zinc: 1.1mg (7.31%), Magnesium: 28.24mg (7.06%), Folate: 20.69µg (5.17%), Vitamin E: 0.77mg (5.13%), Iron: 0.8mg (4.46%), Manganese: 0.06mg (2.86%), Copper: 0.04mg (2.15%), Vitamin K: 1.64µg (1.56%), Vitamin B3: 0.27mg (1.33%)